

October 2026

Please note: Menus are subject to change

Rising Pretzels Academy Lunch Menu

 **Boo-tiful Lunches for Our Favorite Pretzels!**



Fall has rolled into Freeport, and we're cooking up a month full of delicious meals, cozy favorites, and a little October fun!  

From crunchy apples  to warm-up-your-tummy favorites, we're excited to serve our Freeport Pretzels nutritious meals made with care each day.

 **Eat well. Smile big.**
We're so glad to have you at the table!  

Made with Love by your NDS Family

Reminders:

Milk substitutions are available daily to district students who have a current, completed Allergy Form on file with their school nurse. Please remember that the Allergy Form must be updated each school year.

Menu items containing pork are highlighted in yellow.

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

Leaves change color in October primarily due to decreased sunlight, which causes chlorophyll to break down and reveal red, orange, and yellow pigments.

WG Mini Chicken
Corn Dogs
Or
Turkey Deli Sandwich
Baked Beans
Assorted Fresh Fruit
Choice of Milk

5

WG Meatball
Sandwich
Or
Turkey Deli Sandwich
Green Beans
Assorted Fresh Fruit
Choice of Milk

6

WG Orange Chicken
WG Chow Mein Noodles
Or
Turkey Deli Sandwich
Broccoli
Assorted Fresh Fruit
Choice of Milk

7

WG Cheese Breadsticks
Warm Marinara
Or
Turkey Deli Sandwich
Sweet Corn
Assorted Fresh Fruit
Choice of Milk

8

WG Hamburger
Or
Turkey Deli Sandwich
Sweet Potato Tots
Assorted Fresh Fruit
Choice of Milk

9

No School

12

WG Calzone
Or
Daily Pizza
Carrots
Assorted Fresh Fruit
Choice of Milk

13

WG Beef Hot Dog
Or
Daily Pizza
Baked Beans
Assorted Fresh Fruit
Choice of Milk

14

WG Chicken Enchiladas
Or
Daily Pizza
Coleslaw
Assorted Fresh Fruit
Choice of Milk

15

WG Mac n Cheese Bowl
Or
Daily Pizza
Side Salad
Assorted Fresh Fruit
Choice of Milk

16

WG Baked Pasta
Or
Garden Salad with Chicken
Green Beans
Assorted Fresh Fruit
Choice of Milk

19

WG Breakfast Egg Rolls
Or
Garden Salad with Chicken
Emoji Fries
Assorted Fresh Fruit
Choice of Milk

20

WG Chicken
Ramen Bowl
Or
Garden Salad with Chicken
Broccoli
Assorted Fresh Fruit
Choice of Milk

21

WG Hot Turkey and
Cheese Croissant
Or
Garden Salad with Chicken
Baby Carrots with Ranch
Assorted Fresh Fruit
Choice of Milk

22

WG Chicken Sandwich
Or
Garden Salad with Chicken
Baked Beans
Assorted Fresh Fruit
Choice of Milk

23

WG Alfredo Pasta
WG Garlic Bread
Or
Daily Pizza
Broccoli
Assorted Fresh Fruit
Choice of Milk

26

WG Chicken Tenders
Or
Daily Pizza
Baked Beans
Assorted Fresh Fruit
Choice of Milk

27

WG Beef Walking Taco
Or
Daily Pizza
Coleslaw
Assorted Fresh Fruit
Choice of Milk

28

WG Grilled Cheese
with Tomato Soup
Or
Daily Pizza
Assorted Fresh Fruit
Choice of Milk

29

WG Chicken & Cheese
Quesadilla
Or
Daily Pizza
Sweet Corn
Assorted Fresh Fruit
Choice of Milk

30